

FOR IMMEDIATE RELEASE

June 10, 2009

CONTACT: Daniel Valenzuela, Firefighter/PIO

623-695-7668 Cell

**GLENDALE FIRE DEPARTMENT REMINDS COMMUNITY TO BE  
"MONSOON" PREPARED**

**GLENDALE, Ariz.** – As the Valley gears up for Monsoon Season, Glendale Firefighters are asking the community to create an emergency preparedness plan. It is important to be prepared throughout the entire year for any types of emergencies and that includes the Arizona Monsoon Season. There are three easy steps to follow to create your emergency preparedness plan; (1) Get a kit, (2) Make a plan, and (3) Be informed. Here are a few examples for each topic;

1. **Get a kit-** Your kit should be a sturdy and easy to carry to container.
  - Water, one gallon of water per person per day for at least three days.
  - Food, at least a three-day supply of non-perishable food.
  - Flashlights and extra batteries.
  - Battery-powered radio.
  - First aid kit.
  - Prescription and non-prescription medication.
  - Eye glasses.
  - Important phone numbers.
2. **Make a plan**
  - Plan places where your family will meet, both within and outside of your immediate neighborhood.
  - If possible, have an out of town contact. It may be easier to make a long distance call due to local phone lines being overloaded. This will help with communicating between separated family members.
3. **Be informed**
  - Learn about disasters or emergencies in your area.
  - Learn CCC (continuous chest compressions) and CPR and first aid.

More safety information can be found on the Glendale Fire Department's website: [www.glendaleaz.com](http://www.glendaleaz.com) and the Homeland Security's Ready America website: [www.ready.gov](http://www.ready.gov)

**\*Photo of a ready kit is attached**

**NEWS**  
*Glendale, az*

The Glendale  
Fire Dept.  
is a nationally  
accredited  
agency

The Glendale  
Fire Dept.  
responds to  
more than 26,000  
calls a year

Glendale  
firefighters  
remind you to  
use supervision  
around water

City of Glendale  
Public Safety  
6835 N. 57th Dr.  
Glendale, AZ 85301  
[www.glendaleaz.com](http://www.glendaleaz.com)

